

## CLAIMS

What is claimed is:

1. A golf laser aid device comprising:

a housing having a laser; and

a means for affixing the housing to a location on a golfer's body,

wherein the laser emits a laser beam for providing the golfer with a swing alignment reference separate from the golfer's body.

2. The device of Claim 1, wherein the housing further comprises a movable member.

3. The device of Claim 2, wherein the movable member comprises a swiveling member.

4. The device of Claim 3, wherein the swiveling member further comprises a means to adjust swiveling member from an unfixed to a fixed position.

5. The device of Claim 1, wherein the means for affixing is a fastening means for removably attaching a housing to different locations on the golfer's body.

6. The device of Claim 1, wherein the fastening means comprises an adjustable velcro strap.

7. The device of Claim 5, wherein said fastening means comprises a belt clip.

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8. The device of Claim 1, wherein the means for affixing is an article of clothing worn by the golfer.

9. The device of Claim 1, wherein the location is the golfer's left ankle.

10. The device of Claim 1, wherein the location is the golfer's waist.

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11. The device of Claim 1, wherein the reference is a laser beam pointing in a line directly to a target.

12. The device of Claim 1, wherein the reference is a point of reference directly on the ground in between the golfer's feet.

13. A golfer's aid, comprising:

a (means for providing an active comparison) with an (external reference) the external reference being separated from a golfer's body; and

an (affixing means) for affixing (the means for providing) to the golfer's body;

wherein (the active comparison) provides the golfer with (information) regarding how his swing is aligned before, during or after a golf swing.

14. The aid of Claim 13, wherein the (means for providing) provides a laser beam.

15. The aid of Claim 14, wherein the (laser beam) provides a (visual reference) to the golfer.

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16. The aid of Claim 13, wherein the (information) is a (visual reference)

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17. The aid of Claim 13, wherein the information is a sound signal indicating proper stance.

18. A method for achieving proper body alignment when swinging a golf club by using a laser alignment device, said method comprising the steps of:

A Fastening said laser alignment device to a location on a golfer's body, said device facing a selected target;

B Placing a mat with a grid on the floor surrounding said golfer;

C Stepping on said mat so that said golfer can take his usual golf stance;

D Activating said laser alignment device so that said device emits a laser beam;

E Moving said device until said laser beam is pointing to said target, said movement of said device being achieved by moving said golfer's body, and placing said device into a locked position once said laser beam is pointing at said target;

F Examining said golfer's stance in relation to said laser beam as reflected in said grid and adjusting said golfer's stance to correspond to said laser beam;

G Swinging said golf club once said golfer's stance is aligned with said laser beam.

19. A method for achieving proper body alignment when swinging a golf club by using at least one laser alignment device, said method comprising the steps of:

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A Fastening a first laser alignment device to a first location on a golfer's body, said first device facing a first target;

B Fastening a second laser alignment device to a second location of a golfer's body, said second device facing a second target;

C Placing a mat with a grid on the floor surrounding said golfer;

D Stepping on said mat so that said golfer can take his usual golf stance;

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E Activating said first and second laser alignment devices so that said devices emit a first and second laser beam;

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F Moving said first and second devices until said first and second laser beams are pointing to their respective first and second targets, said movement of said first and second devices being achieved by moving said golfer's body and once said first and second laser beams are pointing at their respective first and second targets, placing said first and second devices into locked positions;

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G Examining said golfer's stance in relation to said first and second laser beams as reflected in said grid and adjusting said golfer's stance to correspond to said first and second laser beams;

H Driving said golf ball once said golfer's stance is aligned with said first and second laser beams.

20. The method of Claim 15, wherein the first and second targets are the same.

21. A method for achieving proper body alignment when swinging a golf club, the method comprising the steps of:

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A choosing an external reference for desired interaction with a golfer's stance or swing, the external reference being separated from a golfer's body;

B attaching a means for providing to the golfer's body, the means for providing an active comparison with the external reference;

D swinging the golf club; and

C providing information to the golfer indicative of the active comparison with the external reference before, during and after the swing.

22. The method of Claim 21, wherein the means for providing is a laser means providing a laser beam directed at the external reference.